Book 5

The Spiritual Season

Project Booklet

Under the Guidance of Moulana Nabi R. Mir (Abidi)

Please recite a Sūrah al-Fātiḥah for
the sponsors of this project booklet.

Important dates in Rajab

1st	Wilādah of Imām Muḥammad al-Bāqir (ʿa)
1st	Wilādah of Sakīnah, daughter of Imām Ḥusayn (ʿa)
3rd	Shahādah of Imām ʿAlī an-Naqī (ʿa)
10th	Wilādah of Imām Muḥammad at-Taqī (ʿa)
13th	Wilādah of Imām ʿAlī (ʿa)
15th	Wafāt of Lady Zaynab, daughter of Imām ʿAlī (ʿa)
24th	Battle of Khaybar won by Imām ʿAlī (ʿa)
25th	Shahādah of Imām Mūsā al-Kāẓim (ʿa)
27th	Biʿthah and Miʿrāj
28th	Imām Ḥusayn (ʿa) begins journey to Karbalāʾ

Important dates in Shaʿbān

3rd	Wilādah of Imām Ḥusayn (ʿa)
4th	Wilādah of ʿAbbās, son of Imām ʿAlī (ʿa)
5th	Wilādah of Imām Zaynul ʿĀbidīn (ʿa)
13th	Wilādah of ʿAlī al-Akbar, son of Imām Ḥusayn (ʿa)
15th	Wilādah of Imām Muḥammad al-Mahdī (ʿaj)

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and go to **alkisafoundation.org/donate** to help us continue our efforts.
Please recite a Sūrah al-Fātiḥah for the marḥūmīn of those who contributed to this booklet.

INFORMATION AND INSPIRATION:

imam-us.org
Islam from the Start - How to Ask for Forgiveness
al-Islam.org
Little Leaders From Heaven by Al Kisa Foundation

Buzz Ideazz - Rajab Idea 7: Arts and Crafts for this month
Oriental Trading: Romans Road Sign
Mister Paper: Pop-Up Tutorial 03 - V-Folds

cover: freepik.com

بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ

Salāmun ʿalaykum,

May Allah (swt) bless us, our families, and our communities. My tabrīkāt, taḥiyyāt, best wishes, and congratulations to the Imām of our time, Imām al-Mahdī (ʿaj), our great marājiʿ and scholars, and to the Muslim ummah on the beginning of the spiritual season, the blessed months of Rajab, Shaʿbān, and Shahr Ramaḍān.

In the old times, people used to travel through the desert on camels. Sometimes, travelers would get lost in the desert. If this happened, they would slaughter the camels, and use the camel for nourishment, shelter and clothing, and even as a means of protecting themselves from predatory animals. Although they could survive for many days with their camels, sometimes the travelers would run out of all of their resources and have nothing left. They would then split up into smaller groups, hoping to find the right path. Still, it was difficult to find water in the desert. If one lucky person happened to find water, they would say, "waṣāltū Rajab!" meaning "I have reached hope and life!" Water symbolizes life. This is the beautiful meaning of Rajab, the beginning of a season filled with life, hope, and growth. This month is called Rajab because it is the month of hope, life, blessings, and forgiveness. In fact, the month of Rajab is called Rajab al-Murajjab, which means that Allah's blessings are not just raining down, but they are pouring down.

Rajab is the month of Allah (swt) and His forgiveness. Shaʿbān is the month of the Noble Prophet (ṣ), a time to adorn ourselves with good deeds and to send blessings and salutations upon the Noble Prophet (ṣ) and his Ahlul Bayt (ʿa). Finally, Shahr Ramaḍān is the month in which the believers are honored as guests of Allah (swt). Let us embrace this spiritual season, filled with the special mercies of Allah (swt). By reflecting on the beauty of these months, we ready our hearts to benefit from them and draw closer to Him.

In honor of these blessed months, we are pleased to launch the Spiritual Season Project Booklet. This booklet includes six lesson plans that have been put together in collaboration with scholars and educators. We pray these projects will assist in planting the love of the Ahlul Bayt (ʿa) in our children and serving the oppressed of the world through prayer and good deeds. Following the right role models and serving Allah's creations will bring us closer to Allah (swt), inshāʾAllāh.

We pray that Allah (swt) gives us the tawfīq to actualize our duties and responsibilities.

Jazākallāh khayrā and best wishes,
Nabi R. Mir (Abidi)
Resident ʿĀlim of SABA Islamic Center

Steps Toward the Blessed Month

Objective: Children will learn about Rajab and Shaʿbān, and how to prepare for Shahr Ramaḍān.

Alḥamdulilāh, the spiritual season of the Islamic calendar is about to begin! This season is the best time to improve ourselves so that we can get closer to Allah (swt). Our Noble Prophet, Prophet Muḥammad (ṣ), has said, "Rajab is the month of Almighty God, Shaʿbān is my month, and Ramaḍān is the month of my people."[1] In the month of Ramaḍān, we are the guests of Allah (swt). Subḥānallāh, what a great honor! It's important that we prepare ourselves spiritually so we can fully embrace this divine invitation. So, how can we get ready for the month of Ramaḍān?

Think about when we are getting ready to go to the masjid. First, we must make sure we are clean, and if we are not, we bathe or wash ourselves. Once we are clean, we wear nice clothes and other beautiful things that are recommended to wear to the masjid. In the same way, the month of Rajab is our time to cleanse ourselves spiritually. One way we can do this is by doing istighfār, or asking for Allah's forgiveness, for the mistakes we have made. Then comes Shaʿbān, a month to beautify our souls by doing various acts of worship, including reciting Qurʿān, giving ṣadaqah, being kind to our parents, and reciting ṣalawāt. These beautiful acts help polish our hearts and prepare us to enter Shahr Ramaḍān with sincerity and light. Let's do an activity to show how we can get ready for the month of Ramaḍān!

1 Mafātīḥ al-Jinān

Spiritual Season Hands

Suggested Ages: 5+

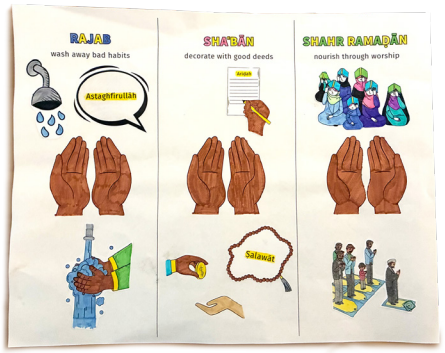
Time: 30 minutes

Materials:

- Hands and cut outs template
- Crayons/colored pencils
- Scissors
- Glue

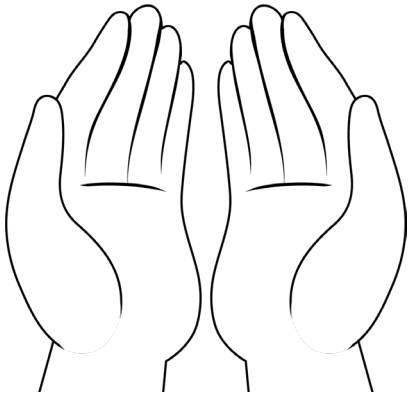
Procedure:

1. Color and decorate the images of the template.
2. Cut out the images from the second page of the template.
3. Arrange the images around the hands in each section based on the elements of that month.
4. Glue them down in the correct sections.
5. Finish decorating the craft however you like. You can add drawings in each section that relate to that month.



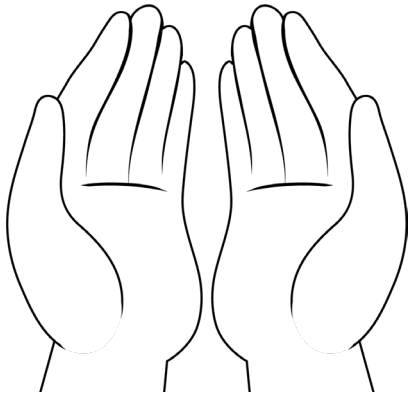
RAJAB

wash away bad habits



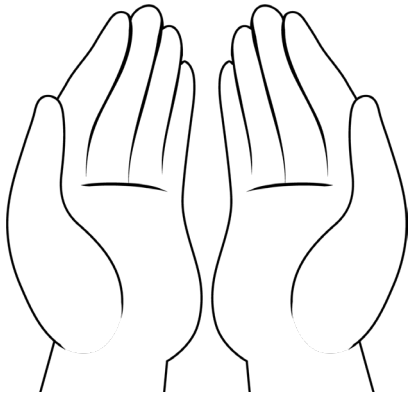
SHAʿBĀN

decorate with good deeds



SHAHR RAMAḌĀN

nourish through worship



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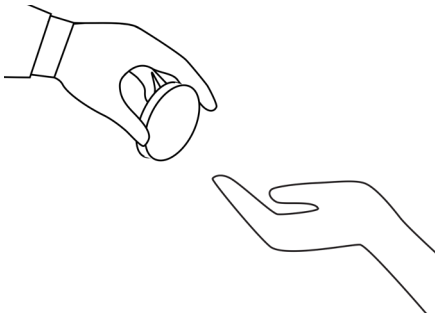
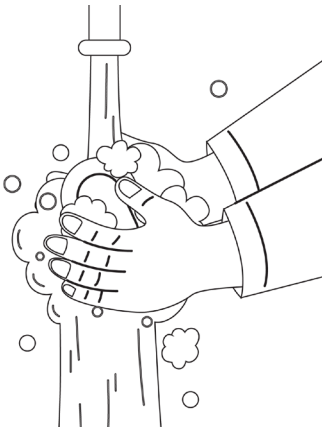
Astaghfirullāh



Ṣalawāt



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The Splitter and Spreader of Knowledge

Objective: Children will learn about the 5th Imām (ʿa) and the importance of gaining knowledge.

The 1st of Rajab is the wilādah of two special people: our 5th Imām, Imām Muḥammad al-Bāqir (ʿa), and Sayyidah Sakīnah, the daughter of Imām Ḥusayn (ʿa). Did you know that they were both present during the tragedy of Karbalāʾ? Today, we will be focusing on the 5th Imām (ʿa) and what he has told us about gaining knowledge.

Imām al-Bāqir (ʿa) is known as "Bāqir al-ʿUlūm," which means the splitter and spreader of knowledge. Sometimes, knowledge is too complicated to understand, and people don't always have access to it. Imām al-Bāqir (ʿa) was able to both split knowledge, making it easier for people to understand, and spread it for everyone to have. Learning is not just something we do to get good grades. Imām al-Bāqir (ʿa) has said, "Try to learn knowledge because learning is a good action and study is itself a worship."[1] Gaining knowledge isn't just a good thing to do, but also a form of worship.

As we have learned earlier, this season is the time for us to do acts of worship so that we can get closer to Allah (swt). Every time we study, go to school, and do homework, we are getting a reward, as long as our intention of studying is to do ʿibādah, or worship. Doing this can help us succeed not only in learning, but also gaining nearness to Allah (swt), inshāʾAllāh. Today, we are going to make a craft that shows the connection between gaining knowledge and worship.

1 *Al-Mawāʿiẓ* by Shaykh Ṣadūq

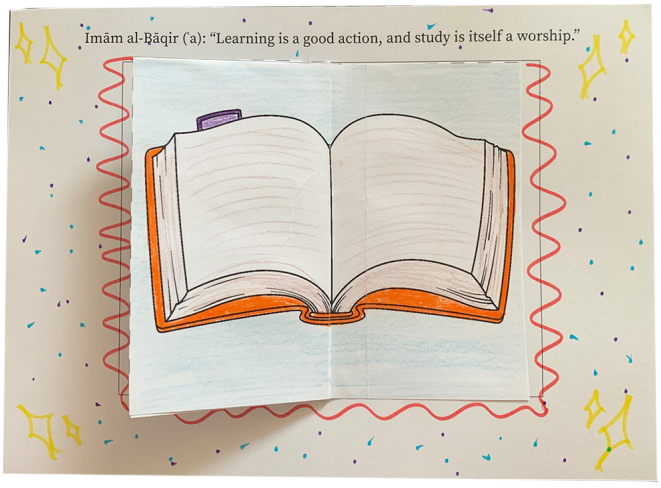
Prayer Mat and Book Craft

Suggested Ages: 5+

Time: 40 minutes

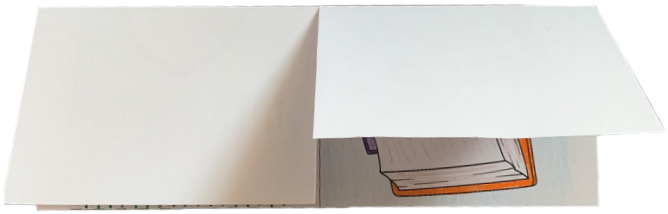
Materials:

- Prayer mat and book template
- Crayons/colored pencils
- Scissors
- Glue

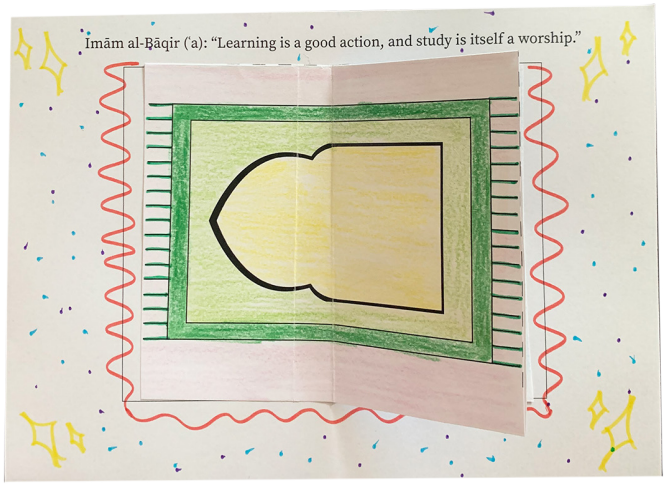


Procedure:

1. Color and decorate the pictures in the template.
2. Cut the page in half widthwise along the dotted line. Put aside the bottom half of the page with the ḥadīth on it.
3. Take the part with the pictures on it and cut along the dotted line above the 2 pictures to trim off any excess.
4. Fold in half along the vertical line. Make sure the pictures are on the outside. Open the fold.



5. Cut along the dotted part of the fold line. Do not cut past the dotted line.
6. Fold one of the cut flaps down over the picture. Do the same on the other side.
7. With both flaps folded down over each picture, fold along the first fold and glue the backs of both pictures together.
8. You should be able to fold over that piece to show either the prayer mat or the book.
9. Glue that to the half page with the ḥadīth on it.
10. Finish decorating the craft however you like.



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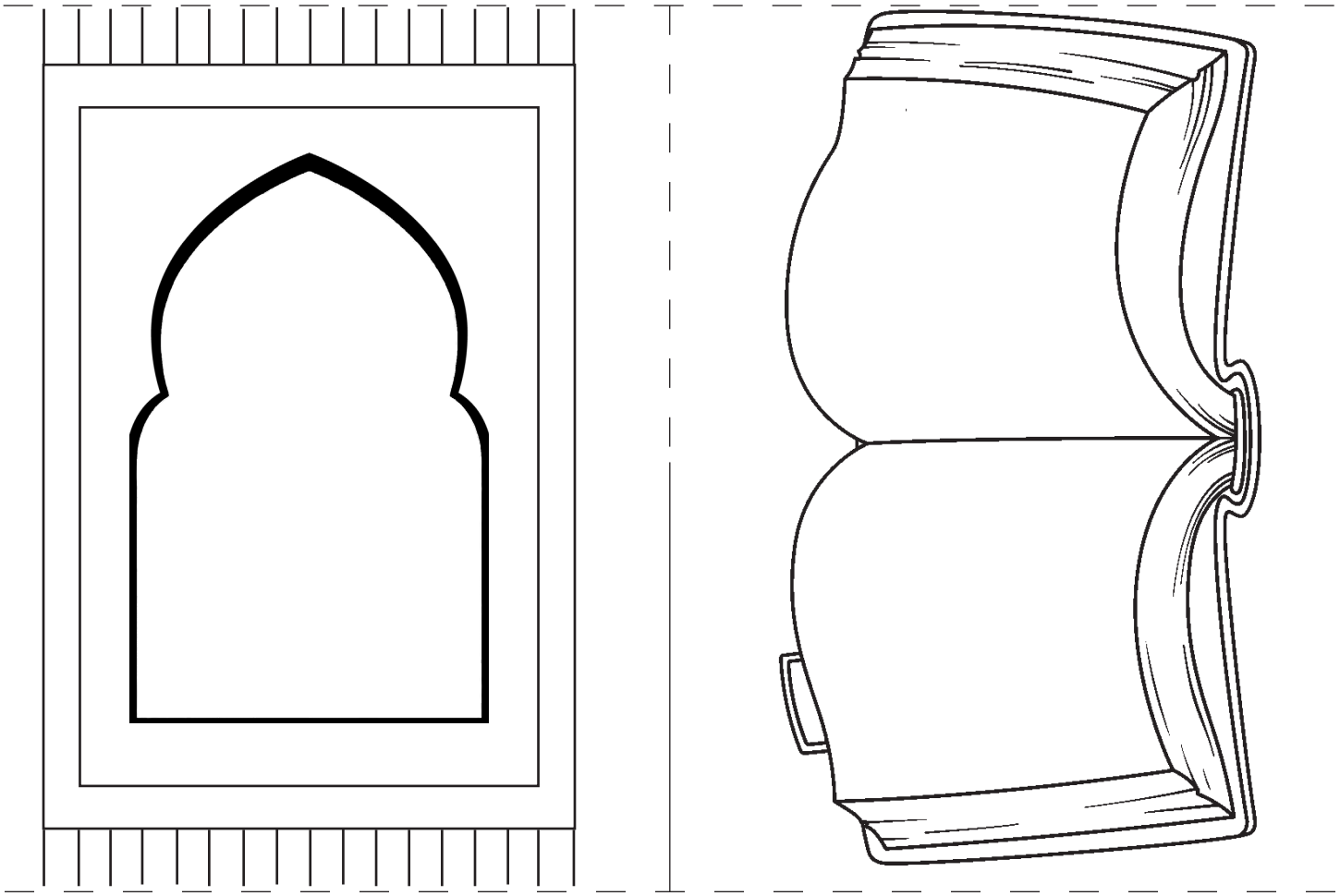

Imām al-Bāqir (ʿa): “Learning is a good action, and study is itself a worship.”

glue here

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Getting Closer to Allah (swt)

Objective: Children will learn about the 1st Imām (ʿa) and the importance of seeking forgiveness.

Today is the 13th of Rajab, and it is the wilādah of a very special person: our 1st Imām, Imām ʿAlī (ʿa)! In our ḥadīth, it says that he (ʿa) and the Noble Prophet of Islam (ṣ) are the fathers of the ummah. A father is someone we look to for guidance and support, and Imām ʿAlī (ʿa) is one such person we can go to for guidance. Let's take a look at what advice our 1st Imām (ʿa) has given us on how to gain nearness to Allah (swt).

Earlier, we determined that we should spend our time in this spiritual season cleansing ourselves and striving to get closer to Allah (swt). One act that is recommended to do in the month of Rajab is istighfār, or seeking forgiveness. Imām ʿAlī (ʿa) has said, "The best supplication is seeking forgiveness."[1] From this ḥadīth, we can see that one of the best ways to get closer to Allah (swt) is to seek forgiveness from Him for any mistake we may have made.

Seeking forgiveness is a combination of saying sorry for making a mistake and trying not to repeat that mistake next time. There are a few things we should keep in mind when we are seeking forgiveness, and if we remember these things, we can make fewer mistakes and get closer to Allah (swt). Let's do an activity to learn what these things are and how we can remember them.

1 Ghurar al-Ḥikam, Ḥadīth #7667.

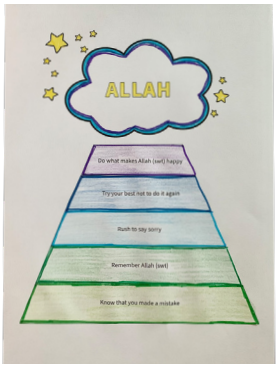
Steps of Forgiveness

Suggested Ages: 5+

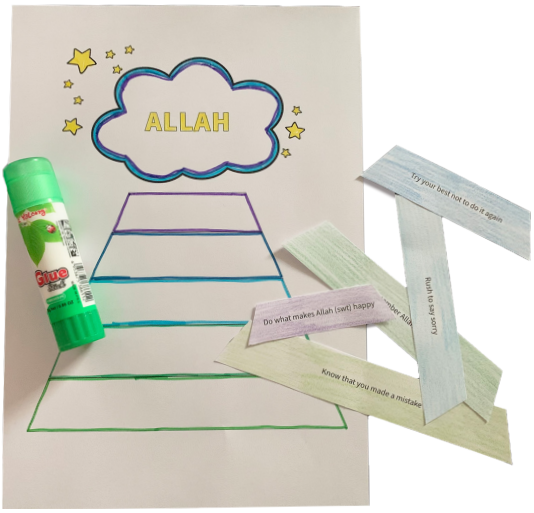
Time: 40 minutes

Materials:

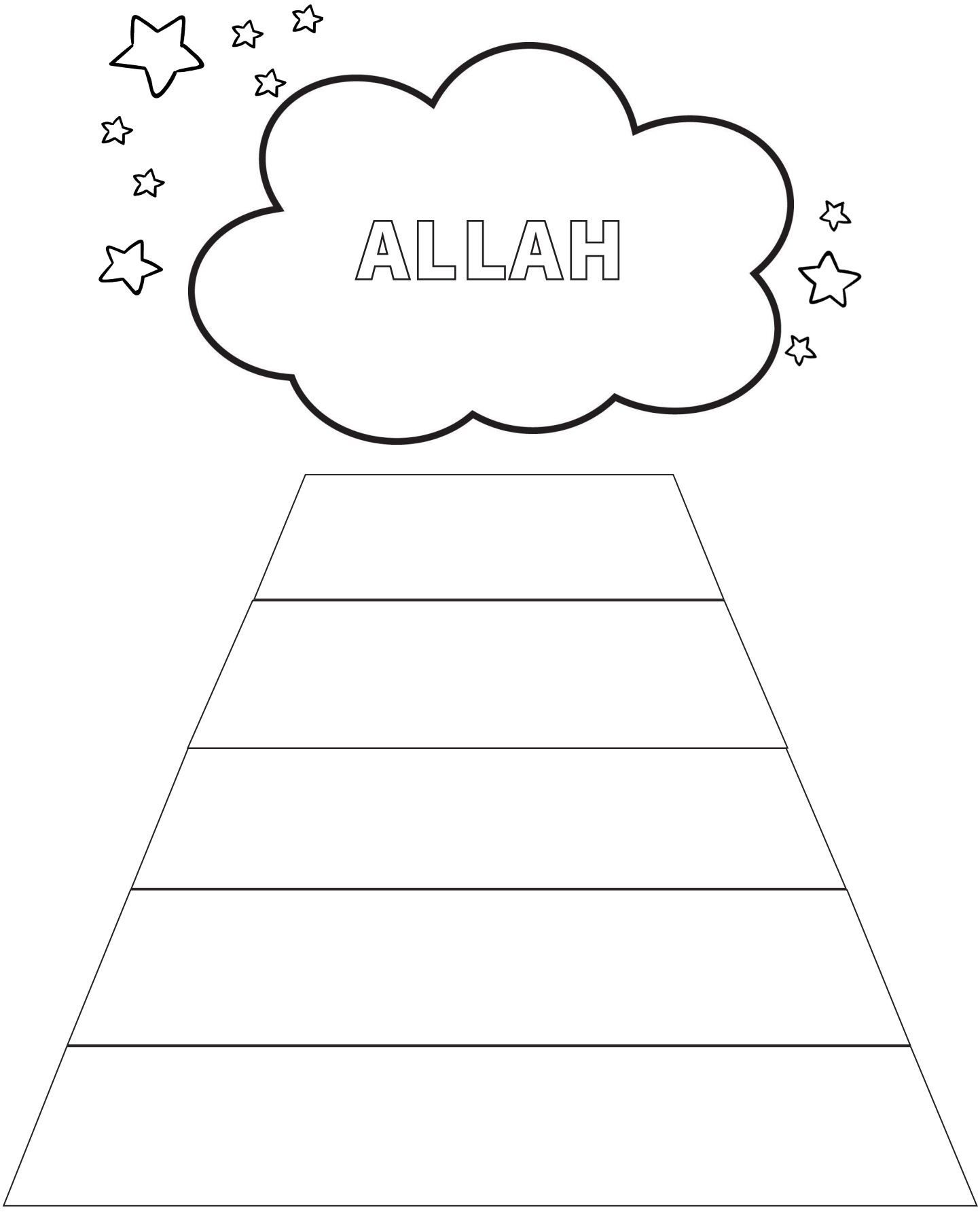
- Pathway template
- Crayons/colored pencils
- Markers
- Scissors
- Glue


ALLAH
Do what makes Allah (swt) happy
Try your best not to do it again
Rush to say sorry
Remember Allah (swt)
Know that you made a mistake

Procedure:



1. Color and decorate the template path picture and pieces however you like.
2. Cut out the 5 pieces from the second page of the template.
3. Match the pieces to the place on the path picture.
4. Glue each piece to the correct spot on the path.
5. For older children: write an example of how you would go through these steps for a specific situation.


ALLAH

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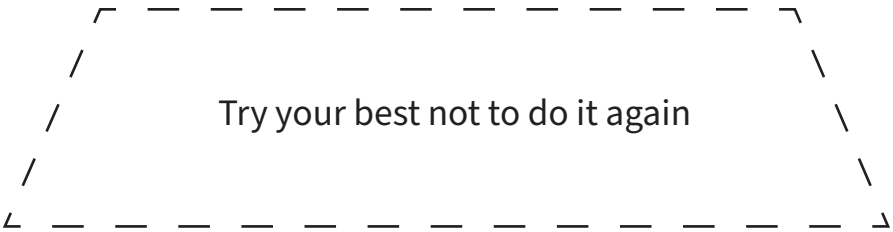
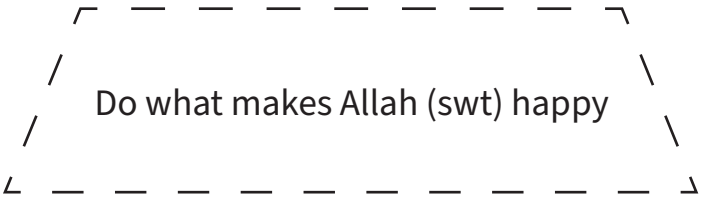
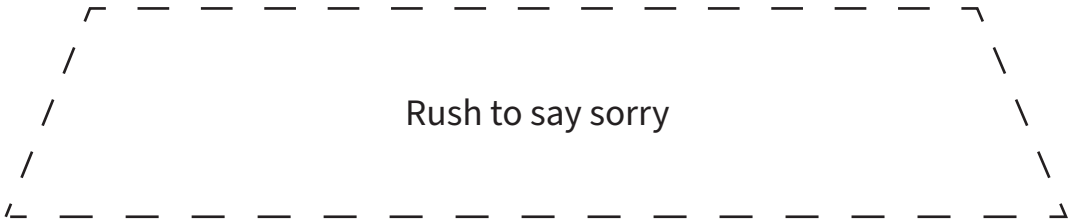
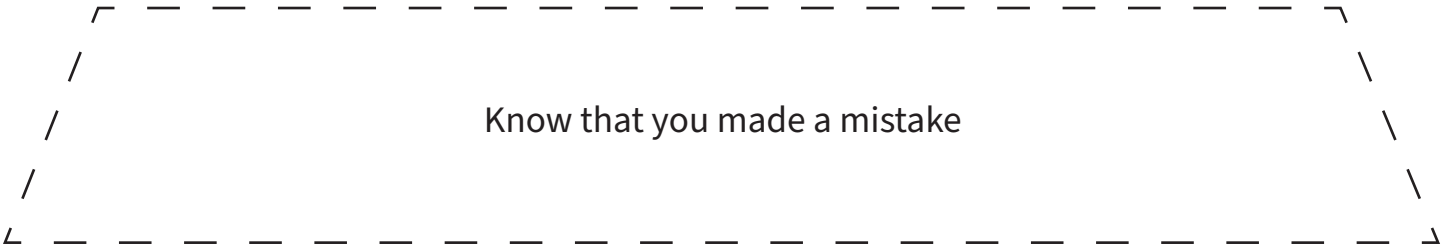
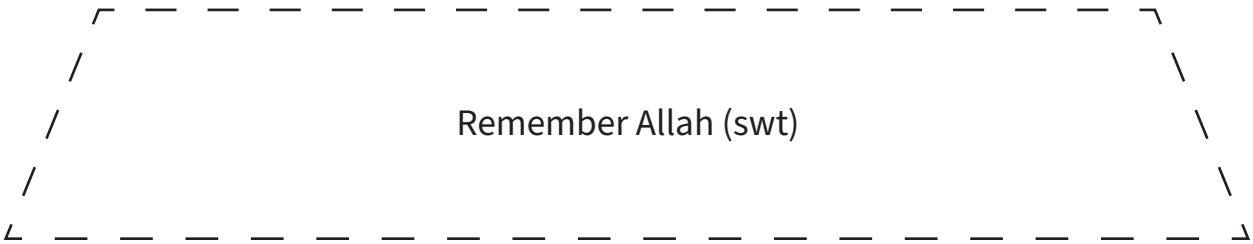

Try your best not to do it again


Do what makes Allah (swt) happy


Rush to say sorry


Know that you made a mistake


Remember Allah (swt)

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A Gift from Allah (swt)

Objective: Children will learn about the events of the 27th of Rajab and a special gift from Allah (swt).

The 27th of Rajab is a very special day for all Muslims. On this night, the Noble Prophet (ṣ) was praying in the cave of Ḥirāʾ when Angel Jibrāʾīl came down. He brought the first revelation from Allah (swt), which said "Read in the name of your Lord who created."[1] This marks the beginning of Prophet Muḥammad's mission as a messenger of Allah (swt). He was chosen to teach people about Islam, the Qurʾān, and how to live our lives. This event was known as Mabʿath.

Years later, another miraculous event took place on this same night, known as Miʿrāj. This was when the Noble Prophet (ṣ) made a miraculous journey to the heavens. Along the way, he met other Prophets (ʿa), and was shown Paradise and Hell. He also reached the furthest point called Sidratul Muntahā, a place where even Angel Jibrāʾīl could not enter. Here, Allah (swt) gave the Prophet (ṣ) a precious gift: ṣalāh! At first, it was 50 prayers a day, but the Noble Prophet (ṣ) asked Allah (swt) to make it easier for his people. So Allah (swt) changed it to 5 prayers a day, with the reward of 50![2]

Ṣalāh is the greatest gift from that blessed night, as it a constant reminder of our purpose in this world. We pray only 5 times a day, however Allah (swt) gives us a much higher reward, showing His mercy and love for us. It is not just an obligation, but a beautiful chance to speak to Allah (swt), to thank Him, ask for help, and stay connected to Him every single day. Today, we are going to make a craft that shows the significance of this beautiful gift.

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1 Noble Qurʾān, Sūrah al-ʿAlaq (96), Verse 1.
2 ʿAllāmah Majlisī, *Biḥār al-Anwār*, Vol. 18, P. 330-331.

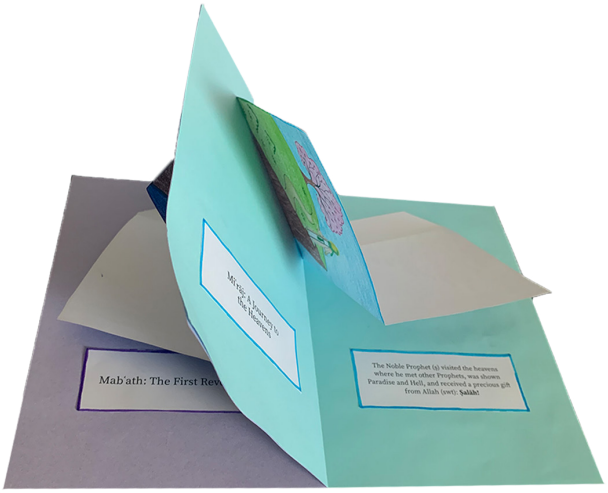
27th Rajab Pop-Up Book

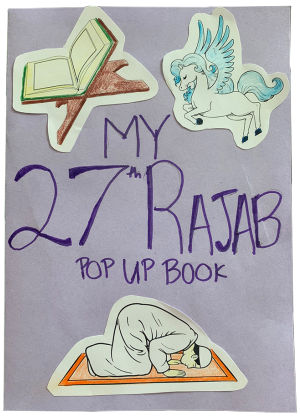
Suggested Ages: 5+

Time: 40 minutes

Materials:

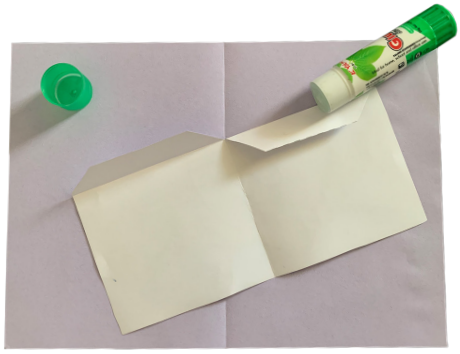
- Pop-up book template
- 3 sheets of construction paper (any color)
- Crayons/colored pencils
- Markers
- Scissors
- Glue

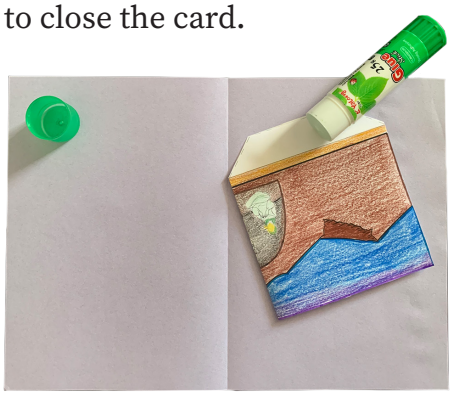




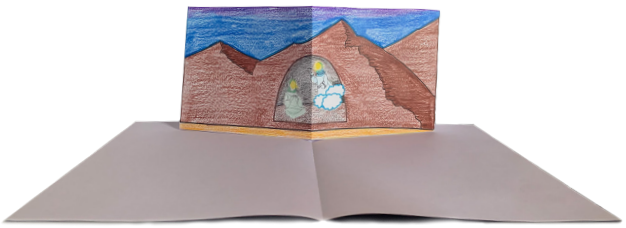
Procedure:

1. Color the images in the template.
2. Cut out all of the pieces from the template by cutting along the outer dotted edges.
3. Put the text boxes and 3 small images aside.
4. Take one of the rectangles and fold along the long solid line below the image to make a tab. Open the fold.
5. Fold the rectangle in half widthwise, along the short solid line, with the image showing.
6. Cut along the diagonal dotted lines to cut off the corners of the tab. Open the fold.
7. Take one construction paper and fold it in half widthwise, to make a card.
8. With the image face down, align the fold line of the rectangle with the fold line of the card. Glue down the right side tab to the right side of the card.
9. Fold the rectangle over with half of the image face up and the tab unfolded. Put glue on that tab and fold the construction paper over it to close the card.

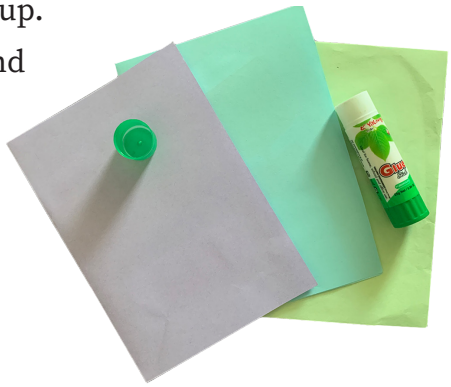




10. When you open and close the construction paper, the image should pop-up.
11. Repeat these steps for the other 2 images to make 3 “pages” of your pop-up book.



12. Glue the corresponding text boxes flat in front of each pop-up.
13. Arrange the folded “pages” in this order: Mabʿath, Miʿrāj, and Ṣalāh Today. Glue the backs of each folded “page” to each other, making a book.
14. Decorate the cover by gluing the 3 small images. Be sure to add a title.
15. Finish decorating the pop-up book however you like.



Watch this video by Mister Paper to see how to make a pop-up.

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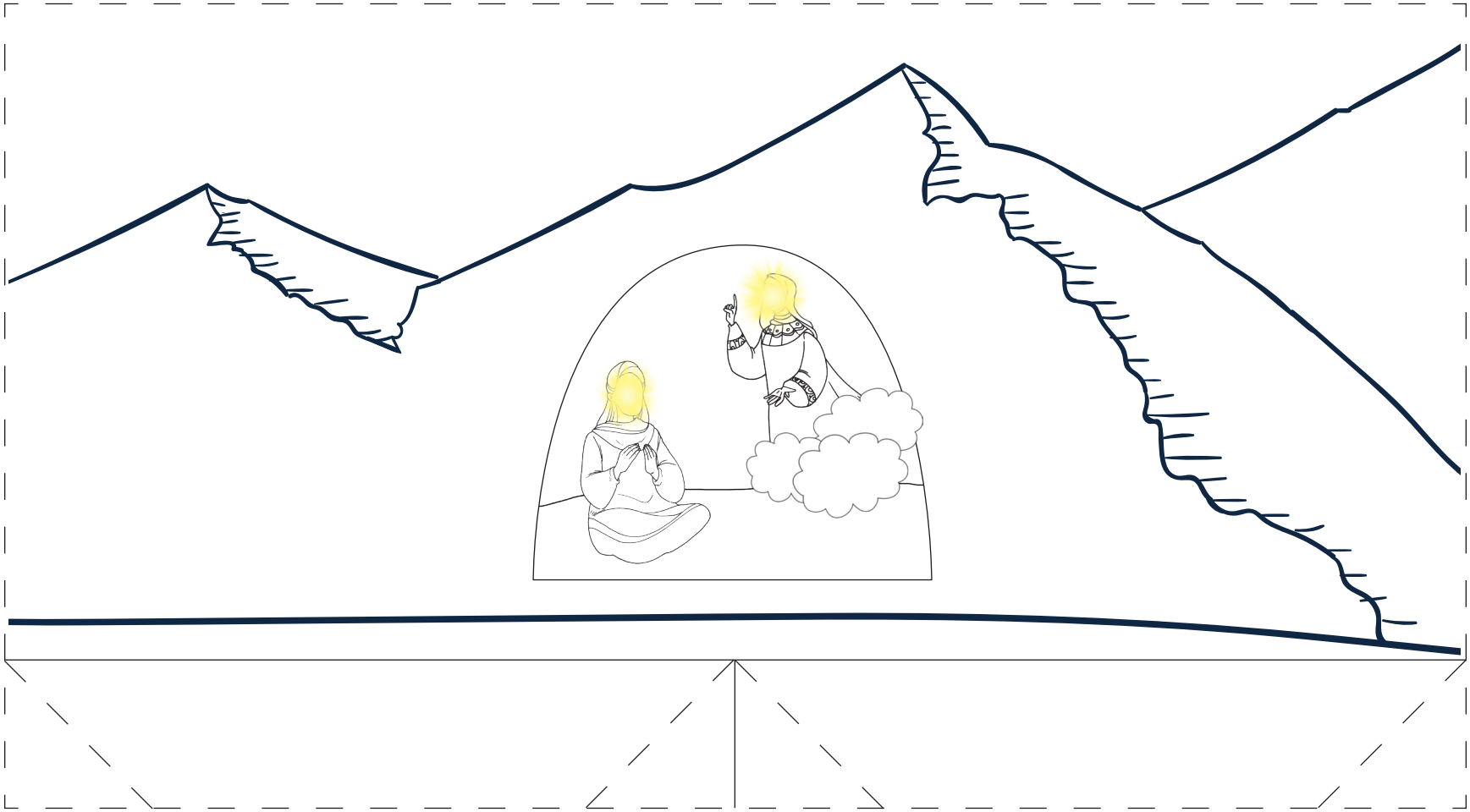

Mabʿath: The First Revelation

The Noble Prophet (ṣ) was praying in the cave of Ḥirāʾ when he received the first revelation from Allah (swt).

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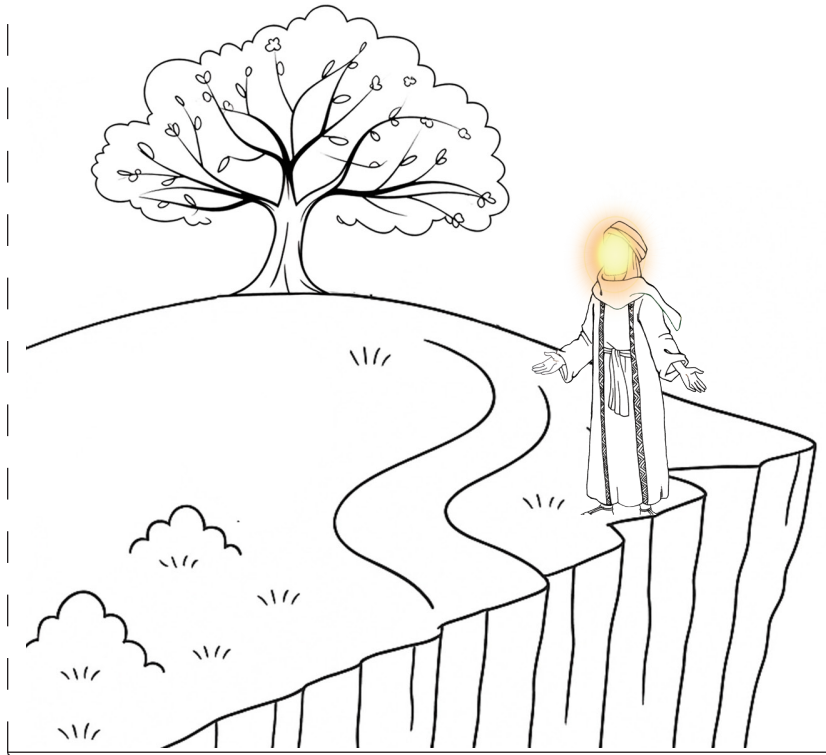

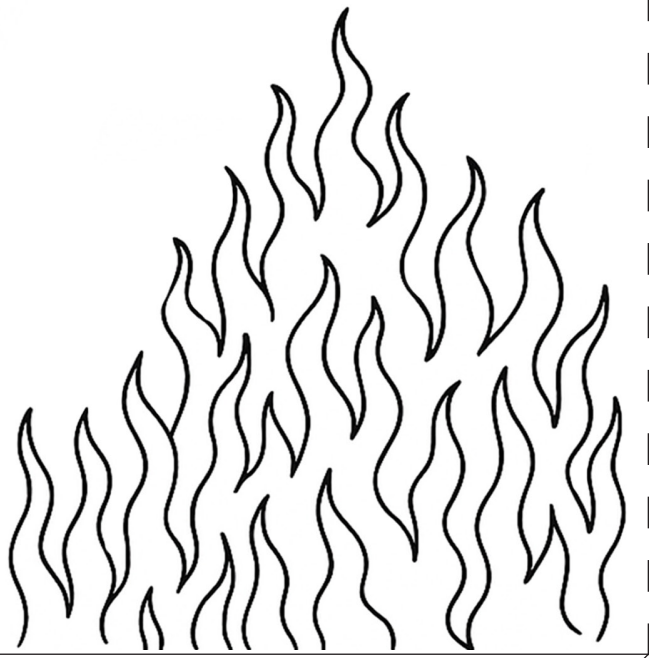

Miʿrāj: A Journey to the Heavens

The Noble Prophet (ṣ) visited the heavens where he met other Prophets, was shown Paradise and Hell, and received a precious gift from Allah (swt): **Ṣalāh!**

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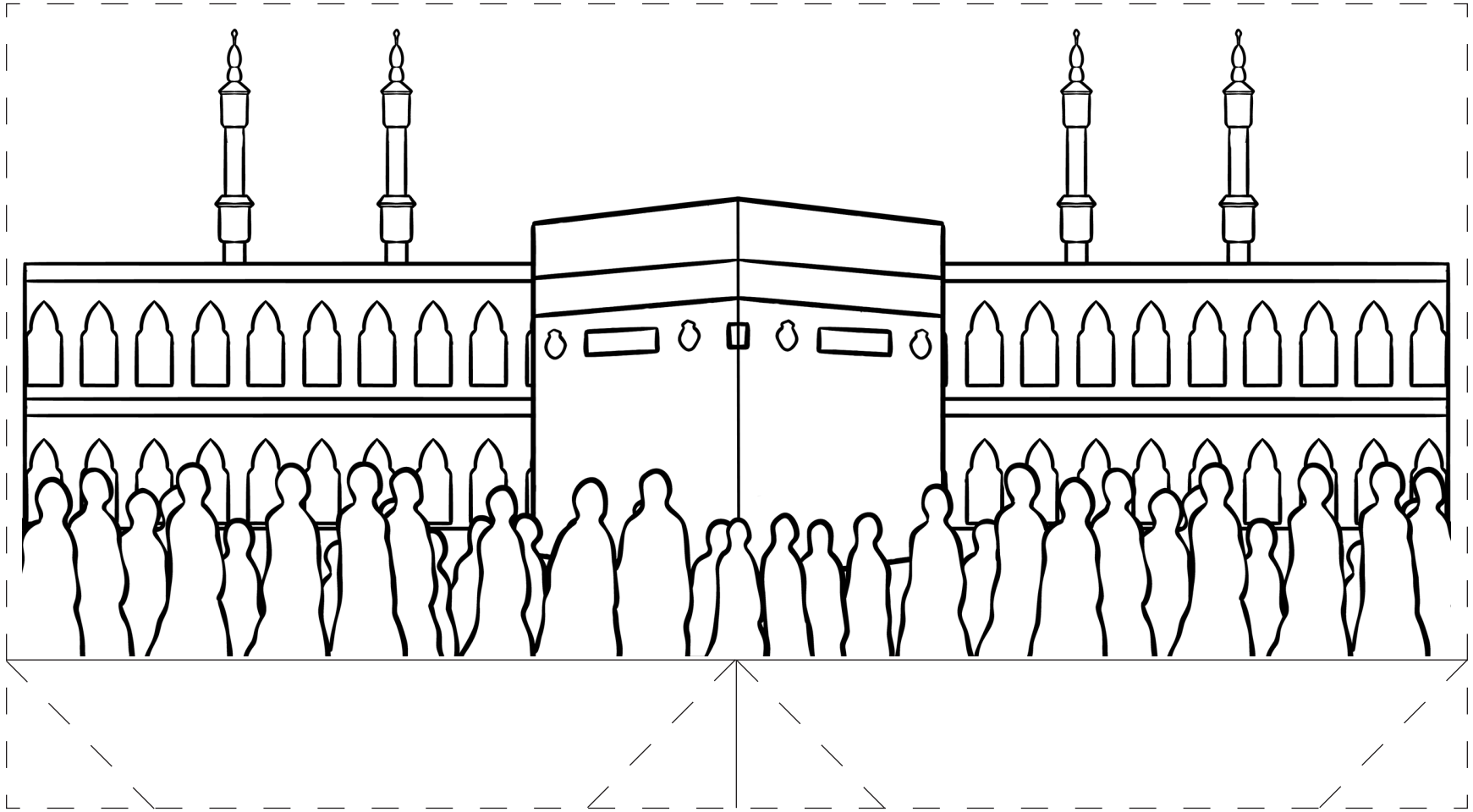

Ṣalāh Today

Muslims all around the world pray 5 times a day to stay connected to Allah (swt).

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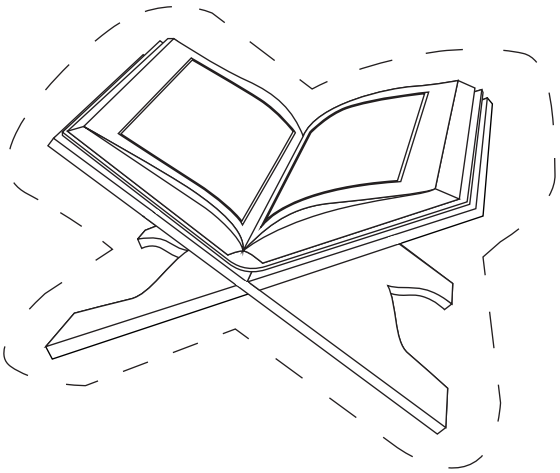

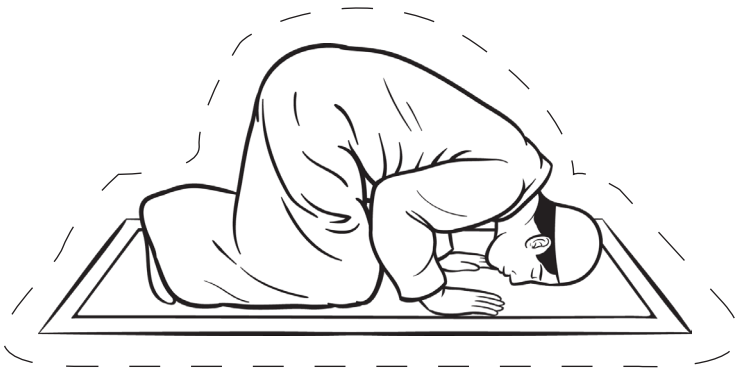

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Little Intercessors

Objective: Children will learn about the 3rd Imām (ʿa) and getting closer to Allah (swt).

There are many blessed wilādahs in the month of Shaʿbān. On the 3rd of Shaʿbān, we celebrate the wilādah of our 3rd Imām, Imām Ḥusayn (ʿa). He was the second son of Sayyidah Fāṭimah (ʿa) and Imām ʿAlī (ʿa). His elder brother was Imām Ḥasan (ʿa), and together they shared a beautiful and loving bond.

One day, while the two young Imāms (ʿa) were playing, they met a man who looked very sad. He had made a mistake and felt ashamed. When he recognized the boys as the grandsons of the Prophet Muḥammad (ṣ), he asked them to come with him to the masjid to speak with the Noble Prophet (ṣ). When they arrived there, the man told the Prophet (ṣ) that he wanted to ask Allah (swt) for forgiveness. Seeing the man's sincerity, Prophet Muḥammad (ṣ) said that Allah (swt) had forgiven him for the sake of the love of these two young Imāms (ʿa).

Seeking forgiveness is a beautiful act of worship, especially during the spiritual season. It is one of the best ways to get closer to Allah (swt). Sometimes it can feel difficult to ask for forgiveness, but we can ask Allah (swt) with the help of the Maʿṣūmīn (ʿa) because they are close to Him. This is called shafāʿah, which means intercession, or praying for someone on their behalf. Let's make a craft that will visualize how the Ahlul Bayt (ʿa) can intercede for us and ask Allah (swt) to forgive our mistakes.

Path to Allah (swt)

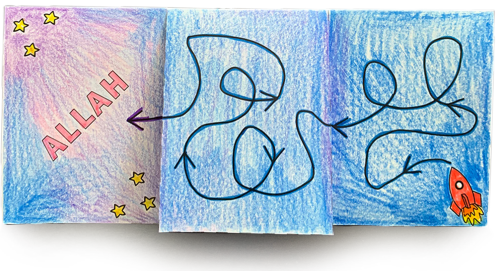
Suggested Ages: 5+

Time: 40 minutes

Materials:

- Rocketship template
- Crayons/colored pencils
- Scissors
- Glue

Procedure:



1. Color and decorate the template.
2. Cut all along the dotted line on the outer edge of the template.
3. Fold the rectangle into 3 sections, along the solid lines. Make sure the section with the rocketship and the name "Allah (swt)" is facing up.
4. With the section with the rocketship and the name "Allah (swt)" facing up, cut along the 2 vertical dotted lines. This will make 3 flaps.
5. When you flip open the middle flap, it should reveal the word "Ahlul Bayt (ʿa)" and stars underneath.
6. Glue the 2 side flaps down to the place where it says "glue here."
7. You should be able to open and close the middle flap to reveal "Ahlul Bayt (ʿa)."

glue here

AHLUL BAYT (ʿA)

glue here

We can pray to Allah (swt)
and seek forgiveness from Him
through the Ahlul Bayt (ʿa).

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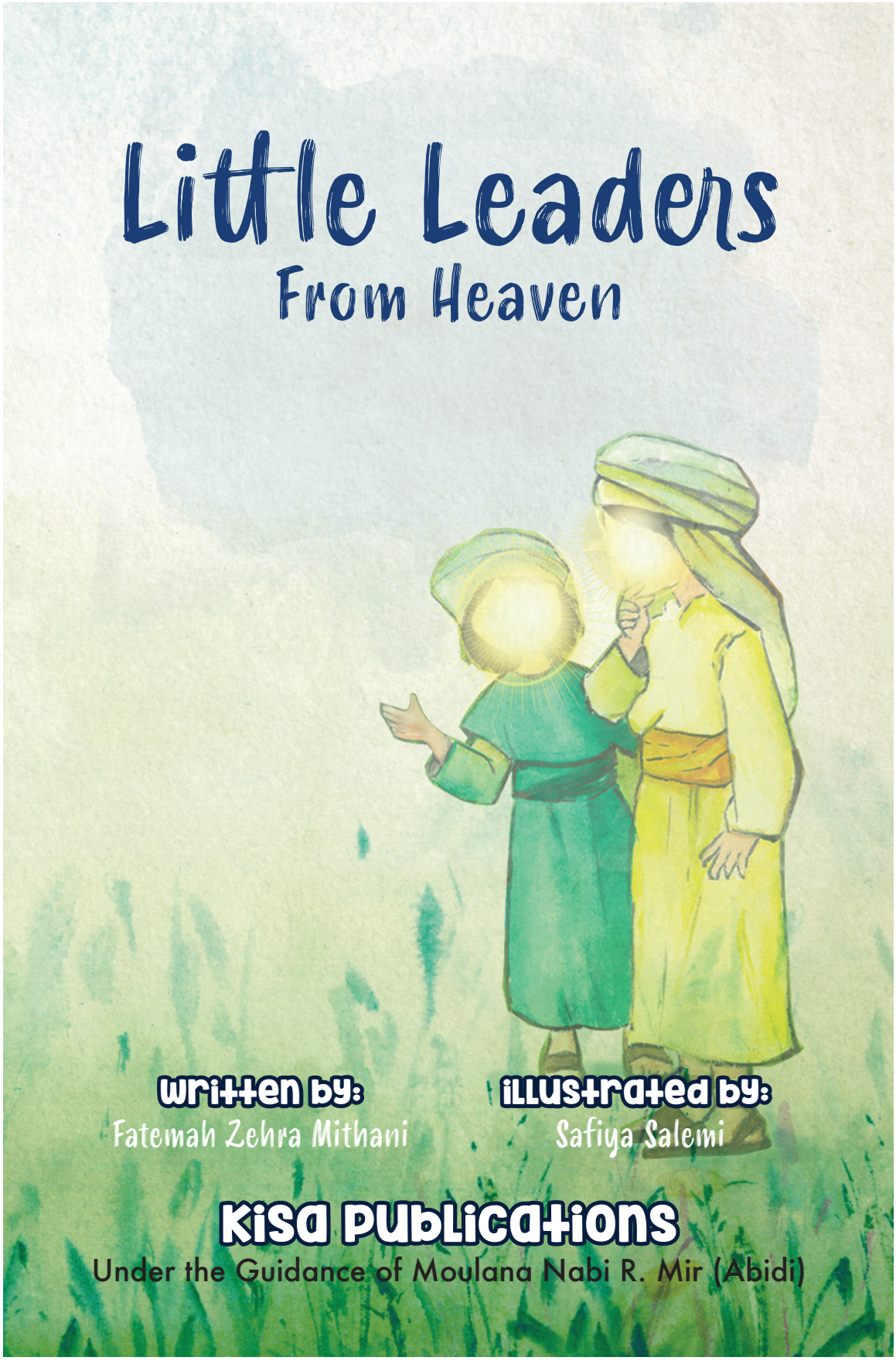
The story mentioned in the lesson is from the book



Chapter 2: Intercessors

(from *Little Leaders From Heaven*)

"One...two...three...JUMP!"

The two young brothers bent their knees, gathered their strength, and sprung into the air, leaving behind a cloud of dust as they leaped across the narrow, cracked alley.

Imām Ḥasan (ʿa) landed slightly ahead of his younger brother, Imām Ḥusayn (ʿa). Imām Ḥasan (ʿa) looked at his brother kindly and said with a grin: "That was a great jump Ḥusayn (ʿa)!"

Imām Ḥusayn (ʿa) looked back at his older brother with a huge smile on his face. They both loved playing outside, and refreshing their abilities and skills that Allah had blessed them with! Alḥamdulillāh!

The sweet laughter startled a solemn man sitting with his lonely thoughts in a dark corner of the street. He peeked through the slight gap in his shawl to see where such a lovely sound was coming from. It was the laughter of the two young Imāms (ʿa) playing. They were the beloved grandsons of the Prophet (ṣ)! He could sense a form of divine brightness and guidance coming from the very spot that they were playing! His dark day had become blessed and full of light just from the presence of the two young Imāms (ʿa).

Why was this man hiding in a dark corner of the street? A few days ago, this man had made a mistake, making Allah and His Prophet (ṣ) very upset. The man was remorseful and ashamed of his actions, and although he knew that Allah is *al-Ghafūr,* the All-Forgiving, he wanted to figure out the best way to ask for forgiveness.

The man was too ashamed to see his friends, to enter the masjid, and especially to see the Prophet (ṣ) of Allah. He wandered the streets of Medina lost in thought for days, but could not figure out the best way to ask for forgiveness. It was only when he saw the two young Imāms (ʿa) playing that his dark thoughts brightened and a brilliant plan began to form in his mind!

With hope, the man began walking toward the grandsons of the Prophet (ṣ).

The two brothers paused their game when they noticed a man walking toward them. The man kept his face down, avoiding eye contact with the young Imāms (ʿa).

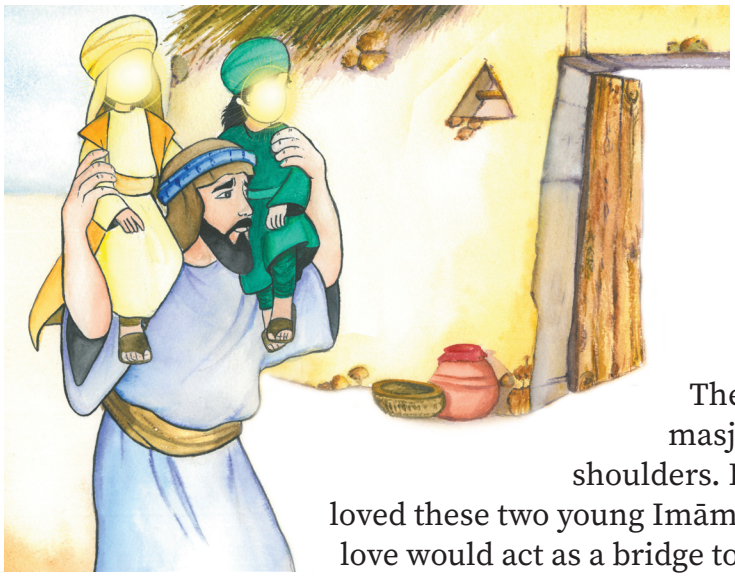
“Salāmun ʿalaykum, O children of Rasūlullāh (ṣ),” he said in a low voice as he reached the spot where the two young Imāms (ʿa) were standing.

The brothers recognized the sad man! He lived nearby and often prayed at the masjid, and sat with their grandfather. The Imāms (ʿa) could see the deep sadness in the man’s eyes. They responded warmly to his greeting, saying “Wa ʿalaykum salām, dear Uncle.” The two Imāms (ʿa) were so welcoming and sincere that the man could not help but smile.

The man looked at the bright faces in front of him and understood why the Prophet (ṣ) of Allah loved these two Imāms (ʿa) so dearly. With a heart full of hope, the man took a deep breath, praying that his plan would work.

The man wanted to carry the two Imāms (ʿa) on his shoulders just as he had seen the Prophet (ṣ) of Allah do before. He asked the Imāms (ʿa), and when they happily agreed, he swooped them up onto his shoulders and started briskly walking through the busy streets of Medina, making his way toward the masjid, eagerly wanting to talk to the Prophet (ṣ) of Allah.

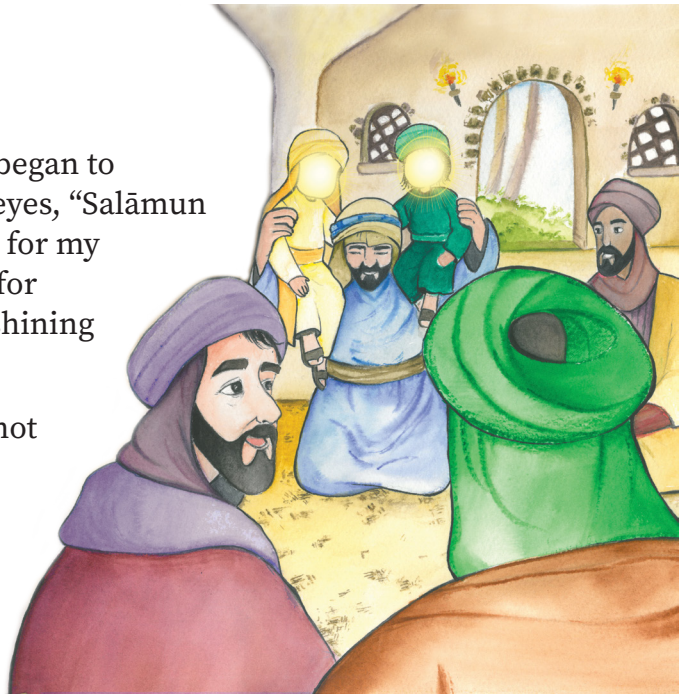
The man’s heart was pounding and full of hope as he approached the masjid. The moment that he could be forgiven was now here! He took a deep breath and made his way to Rasūlullāh (ṣ) who was busy talking to his companions.

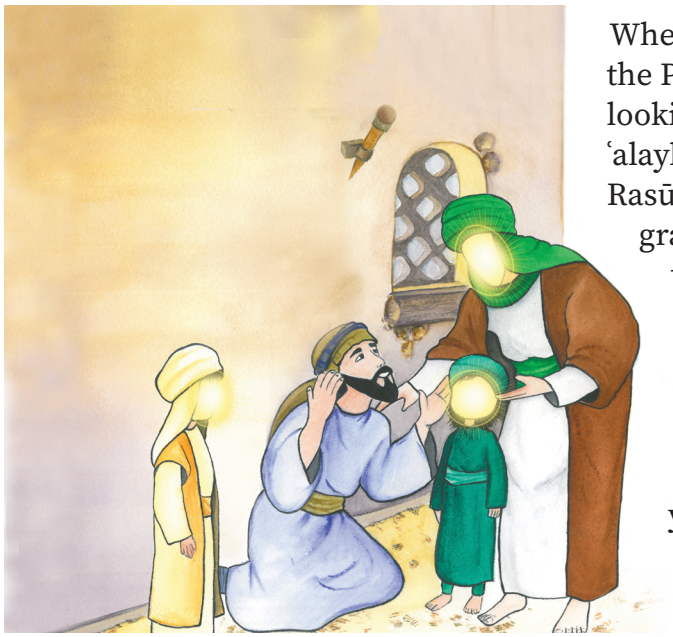


The man entered the courtyard of the masjid with the two Imāms (ʿa) still on his shoulders. He knew that Allah and His Prophet (ṣ) loved these two young Imāms (ʿa) dearly. He was hoping that this love would act as a bridge to help him gain Allah's forgiveness.

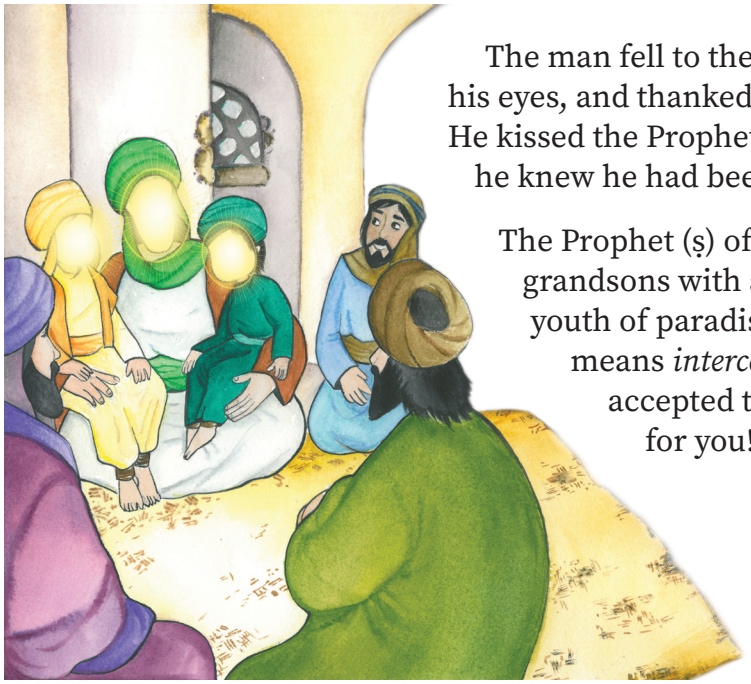
With his head bent down, the man slowly began to approach the Prophet (ṣ) with tears in his eyes, "Salāmun ʿalaykum, O Rasūlullāh (ṣ), I am very sorry for my bad actions and I ask Allah, the Almighty, for forgiveness. On my shoulders, I have two shining stars, your pure grandsons!"

The man continued to look down and did not hear a sound. He began to worry, but then heard a sweet chuckle.





When he looked up, to his surprise he saw the Prophet (ṣ) grinning from ear to ear, looking at him with love and respect. "Wa ʿalaykum salām! Surely this is a great idea!" said Rasūlullāh (ṣ). The Prophet (ṣ) loved his two grandsons very much because Allah loved them so dearly. This man was trying to use this love to help him seek forgiveness. Clearly, he regretted the mistakes he had made, and was trying his best to fix them! With a smile on his face, the Prophet (ṣ) told him, "Don't worry! Allah has forgiven you and cleansed you of your mistakes!"



The man fell to the floor in sajdah with tears of joy in his eyes, and thanked Allah for this blessing of forgiveness. He kissed the Prophet's (ṣ) hands with happiness. Now that he knew he had been forgiven, he felt so free!

The Prophet (ṣ) of Allah admiringly gazed at his dear grandsons with affection and said, "O leaders of the youth of paradise! You have done *shifāʿah*, which means *intercession*, for this man and Allah has accepted this man's apology because of His love for you!"

Manāqib Āal Abī Ṭālib, Vol. 3, Pg. 400

Remembering the Imām of Our Time (ʿaj)

Objective: Children will learn about the 12th Imām (ʿaj) and the importance of remembering him.

Wilādah Mubārak! The 15th of Shaʿbān is one of the most blessed days of the Islamic year, as it marks the birth of our 12th Imām, Imām al-Mahdī (ʿaj). He is the Imām of our time, living today, and inshāʾAllāh, he will return one day to bring peace and justice to the world. One of the best ways we can prepare for his ẓuhūr (reappearance) is by becoming better believers.

The Qurʾān beautifully describes the qualities of true believers[1]:

- Their hearts shake [possibly in awe] when Allah (swt) is mentioned
- When the Qurʾān is recited, it increases their faith
- They put their trust in Allah (swt)
- They pray ṣalāh
- They give ṣadaqah

These are just some of the basic qualities we can work on to improve ourselves while we are waiting for the Imām (ʿaj).

We are only two weeks away from Shahr Ramaḍān! This is the perfect time to start building habits such as reciting Qurʾān, giving charity, and praying on time to strengthen the qualities mentioned above. As we count down the days to the month of Ramaḍān, use the chart to mark that you did one good deed and remembered the 12th Imām (ʿaj). Let's make the intention that this Shahr Ramaḍān we will pray for him every day, and ask Allah (swt) to keep us among those who bring joy to our Imām's heart.

1 Noble Qurʿān, Sūrah al-Anfāl (8), Verses 2-3.

Shahr Ramaḍān Countdown

Suggested Ages: 5+

Time: 40 minutes

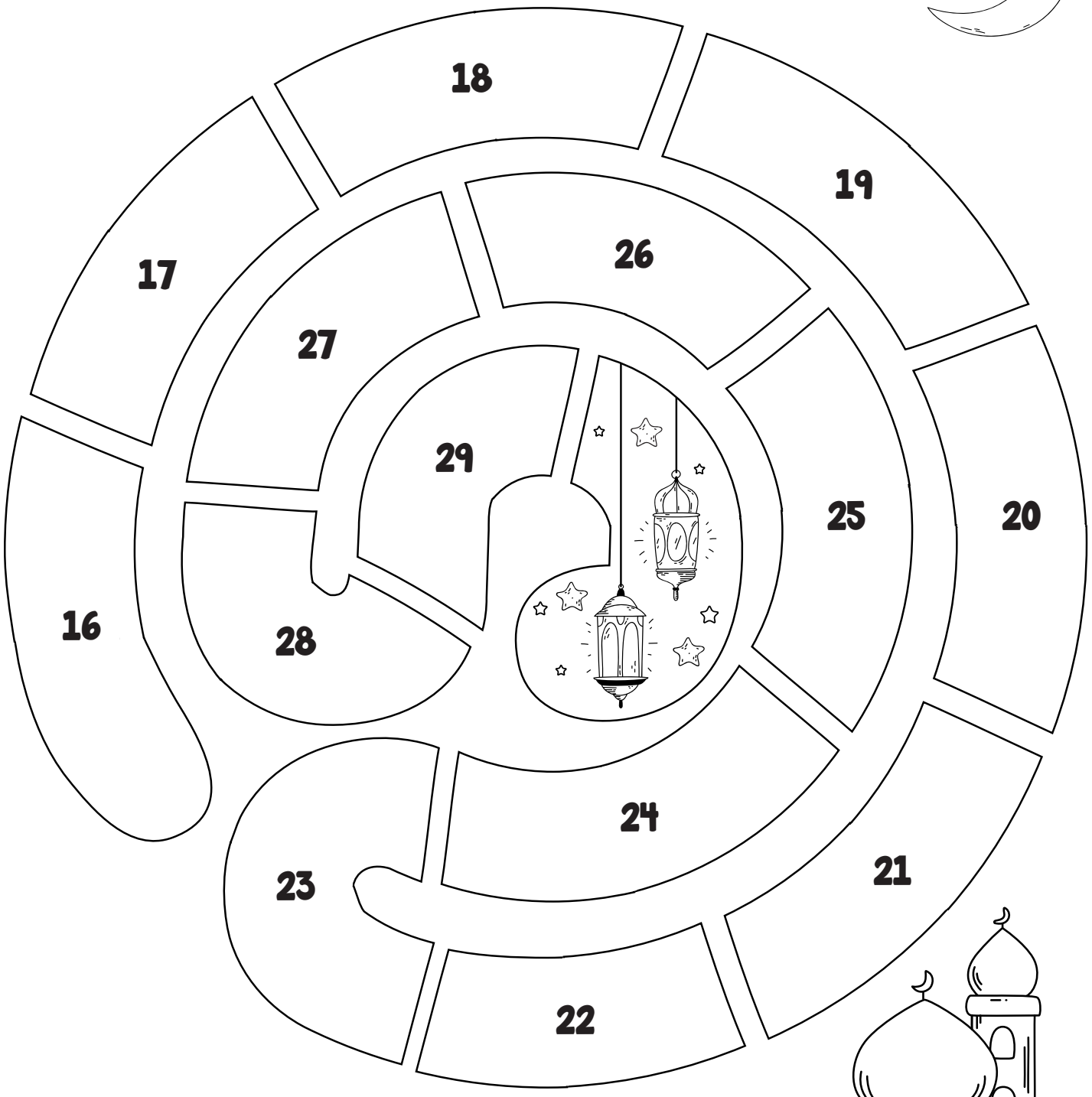
Materials:

- Spiral path template
- Crayons/colored pencils
- Markers
- Optional: stickers and other decorating materials

Procedure:

1. Color the images in the template however you like.
2. For the next couple of weeks, do a good deed each day to prepare yourself for the blessed month. Color in each piece on the path.
3. In addition, be sure to say salām to the 12th Imām (ʿaj) every day, as a way of remembering him.
4. Keep this page somewhere where you can see it every day to remember to fill it in.
5. Get creative! You can use stickers and other decorating materials.

Countdown to the Blessed Month!



Remember to:

- do a good deed
- say salām to the 12th Imām (ʿaj)

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